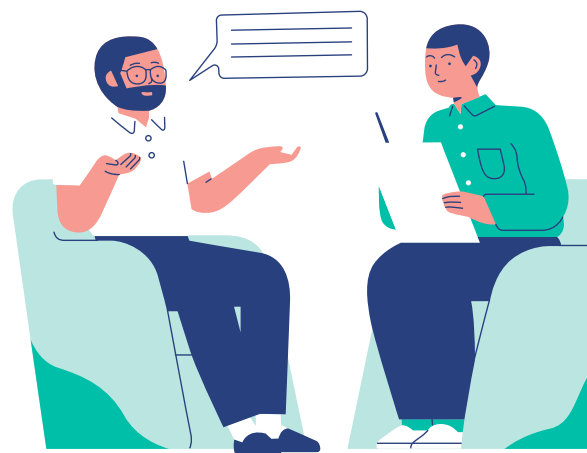


RO-DBT FOR ADULTS

BodyMatters and Treat Yourself Well are pleased to be offering online Radically Open Dialectical Behavioural Therapy (RO-DBT) classes.

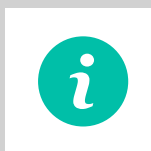


WHAT IS RO-DBT?



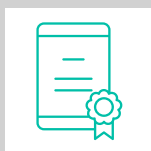
Radically Open Dialectical Behaviour Therapy (RO-DBT) is a relatively new evidence-based treatment for patients with emotional over-control. Excessive self-control is associated with social isolation and poor interpersonal relations and it contributes to conditions like anorexia nervosa, obsessive-compulsive personality disorder, chronic depression and Autism Spectrum.

ASSESSMENT PROCESS



A series of two, 1.5hr individual zoom or face to face sessions are required prior to the commencement of our online group skills classes. The assessment process is \$275. These two sessions are assessments to determine suitability for the program. In particular, it will examine a person's tendency to be over-controlled vs under-controlled. Please note that rebates are not currently available.

COURSE OUTLINE



During the skills lessons, you will be joining with up to nine other members, via a Zoom session, each week to engage in a group oriented education process to develop new skills, tailored to support you. Each session will be run by two facilitators and are weekly classes for a period of 30 weeks which you can start at anytime.

For more information, please contact

Treat Yourself Well Sydney at (02) 9555 4810 or email info@treatyourselfwell.com.au
or BodyMatters Australasia at (02) 9908 3833 or email info@bodymatters.com.au

